

Statistics Report 01295, Yogurt, vanilla, non-fat

Report Date: July 05, 2017 00:45 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	79.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
Energy	kcal	78	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
Energy	kJ	328	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
Protein	g	2.94	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	06/2015
Total lipid (fat)	g	0.00	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	06/2015
Ash	g	1.02	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
Carbohydrate, by difference	g	17.04	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	06/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Sugars, total	g	5.88	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	06/2015
Minerals													
Calcium, Ca	mg	118	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	06/2015
Iron, Fe	mg	0.00	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	06/2015
Magnesium, Mg	mg	16	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
Phosphorus, P	mg	88	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	06/2015
Potassium, K	mg	141	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	06/2015
Sodium, Na	mg	47	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	06/2015
Zinc, Zn	mg	0.83	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Copper, Cu	mg	0.013	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
Manganese, Mn	mg	0.004	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
Selenium, Se	µg	4.9	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
Vitamins													
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	06/2015
Thiamin	mg	0.042	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
Riboflavin	mg	0.200	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	06/2015
Niacin	mg	0.107	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
Pantothenic acid	mg	0.552	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
Vitamin B-6	mg	0.045	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
Folate, total	µg	11	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Folate, food	µg	11	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
Folate, DFE	µg	11	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
Choline, total	mg	15.6	--	--	--	--	--	--	--	--	Calculated or imputed	01085	06/2015
Vitamin B-12	µg	0.53	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Vitamin A, RAE	µg	61	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
Retinol	µg	61	--	--	--	--	--	--	--	--	Calculated or imputed	01085	06/2015
Carotene, beta	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	01085	06/2015
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	01085	06/2015
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	01085	06/2015
Vitamin A, IU	IU	204	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
Lycopene	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	01085	06/2015
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	01085	06/2015
Vitamin E (alpha-tocopherol)	mg	0.01	--	--	--	--	--	--	--	--	Calculated or imputed	01085	06/2015
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Vitamin D (D2 + D3)	µg	0.9	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin D	IU	35	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	06/2015
Vitamin K (phylloquinone)	µg	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	01085	06/2015
Lipids													
Fatty acids, total saturated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
4:0	g	0.000	3	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
6:0	g	0.000	3	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
8:0	g	0.000	3	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
10:0	g	0.000	3	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
12:0	g	0.000	3	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
14:0	g	0.000	3	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
16:0	g	0.000	3	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:0	g	0.000	3	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
Fatty acids, total monounsaturated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
16:1 undifferentiated	g	0.000	3	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
18:1 undifferentiated	g	0.000	3	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
20:1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
Fatty acids, total polyunsaturated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
18:2 undifferentiated	g	0.000	3	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
18:3 undifferentiated	g	0.000	3	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
18:4	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
Cholesterol	mg	3	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	06/2015
Amino Acids													
Tryptophan	g	0.028	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
Threonine	g	0.202	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
Isoleucine	g	0.269	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
Leucine	g	0.497	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
Lysine	g	0.442	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Methionine	g	0.145	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
Cystine	g	0.045	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
Phenylalanine	g	0.269	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
Tyrosine	g	0.249	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
Valine	g	0.408	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
Arginine	g	0.148	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
Histidine	g	0.122	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
Alanine	g	0.211	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
Aspartic acid	g	0.391	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
Glutamic acid	g	0.965	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Glycine	g	0.119	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
Proline	g	0.584	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
Serine	g	0.305	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015